

Happy New Year! With the holiday break behind us, January always forces us into full steam ahead with numerous upcoming events. I am working hard to remind myself to not stress – take everything one item at a time, enjoy the process and smile at the outcome. Why? Because if we are not enjoying what we do, then we are shorting ourselves *JOY*. While I was entertained by the other characters from Inside Out (if you haven't seen that Disney movie yet, you ought to consider watching it) and understand their importance, I'd prefer to spend each day enjoying as much happiness as possible. 😊

A request to our high school teachers: this was the first year of increased State CTE Funds. Please consider recording how you have used or what you have done in your program with the increase in funding. I know the question of return on the investment will arise, and it'd be great to be equipped with knowledge of the monetary use, student benefit and teacher benefit. How was it used, how did the benefit impact students, and what are additional plans for future years? Please think about this as I am considering preparing a survey for you to complete to gather this information.

Congratulations to our recent December graduates from Montana State University's Family & Consumer Sciences Teaching program: Carrie Krug and Carly O'Roarke! We are very excited to have two new professionals in our midst; let's wish them the best as they determine what their next steps are professionally. This spring, there are two FCS student teachers in Montana classrooms that are on track to graduate in May. Lindi DeMars is student teaching with Cathe Felz in Three Forks, and Alex Gonzalez is student teaching with Carol Zimmer at Chief Joseph Middle School in Bozeman.

Montana FCS/FCCLA In the News!

- Belgrade News: [Three Forks students give Santa a helping hand](#)
- KBZK: [Belgrade Middle School awarded One Class At A Time check](#)
- KXLF: [Beaverhead County High School awarded One Class At A Time check](#)
- Billings Gazette: [Student teachers: Career Center Preschool gives high schoolers real world experience](#)

## *ACFEF Chef & Child Programs Resources*

Have you explored the American Culinary Federation Education Website lately? They have great resources available for download for a variety of ages. One example is "That's Fresh—Kids Cooking Teams," an award-winning, hands-on, community based cooking and nutrition education curriculum designed for chefs (and other non-educators) to adopt 3rd, 4th or 5th grade classrooms. It is based on active learning strategies and guided practice designed to provide significant nutrition information, culinary skills, food safety, cultural diversity, team building and self-esteem as they learn about making wise food choices for a lifetime of good health. For this resource and others including monthly ingredient of the month, smoothies with berries and greens, fast food handouts and more, please visit:

<http://www.acfchefs.org/ACF/Partnerships/Chef and Child/Programs and Awards/ACF/Partnerships/CCF/Programs/>.

## *EverFi – Financial Education Resource*

Growth among teachers throughout Montana using EverFi is significant. Schools are using this co-curricular platform as a tool to bring financial literacy skills to students, either as a complement to existing material or for building a foundation for students. Additionally, teachers receive an impact report that demonstrates efficacy around the platform (national impact report [here](#)), showing knowledge gains, attitude changes, and more. EverFi's high school financial literacy course can be seen in greater detail at EverFi's web site, [here](#). Additionally, EverFi brings other critical skills courses to the table with STEM, health and wellness, civics, and career success. EverFi's curriculum is designed by teachers, curriculum experts, and education partners to ensure effectiveness, standards alignment, and ease of use for teachers and engaging material for students. Supported locally in Montana, the EverFi platform is used in more than 12,000 schools across the US and Canada. For further information or to get started using EverFi in your school today, please contact Mick Karls of EverFi at 406-204-1148 or [mick@everfi.com](mailto:mick@everfi.com).

## *The Great School Lunch Contest – now until March 7, 2016*

Calling all teachers of Family and Consumer Sciences for grades 4 through 12: Did you know 2016 is the International Year of Pulses? Not sure what pulse crops are? [Click here](#).

Enter this fun recipe contest with a small team of students to celebrate the International Year of Pulses by coming up with a great school lunch idea featuring pulse crops. Teams are asked to create an exciting new lunch featuring beans, dry peas, lentils, and/or chickpeas, collectively known as pulse crops or pulses—and show how your team would promote your recipes.

Prizes are awarded! The top three teams from each grade group (grades 4-8 and grades 9-12) will receive cash prizes for their school. The top three finalist teams in grades 9-12 get to participate in the Powered by Pulses Culinary Competition and special Culinary Institute of America culinary workshop in San Antonio, Texas, July 2016.

The contest launched December 7, 2015 and continues through March 7, 2016, so your team will have plenty of time to come up with something new to kick off 2016. More information and contest rules can be found here: <http://www.greatschoolslunchcontest.com/>.

## *Montana CTE Update*

Are you wondering what's happening in all of Montana's Career & Technical Education areas? Please read and share our state CTE update to your CTE colleagues and administrators: <http://www.opi.mt.gov/pdf/CTE/16JanCTEUpdate.pdf>.

## Montana FCCLA Judge Request for our State Leadership Conference – Monday, March 21 in Billings

*(From Lindy Hockenbary, Montana FCCLA Competitive Events Evaluator Coordinator)*

Montana Family, Career, and Community Leaders of America (FCCLA) is a family and consumer sciences student organization that expands youth leadership potential by helping students develop skills necessary in families, communities and the workplace. Throughout the year, students develop projects to address needs in their community and will present their projects in one of twenty-five competitive events at the 69th Annual FCCLA State Leadership Conference. We want you to be a part of this experience.

The State Leadership Conference will impact over 700 Montana students in grades 6-12. On Monday, March 21, 2016, the competitive events will take place at the Holiday Inn Grand in Billings. To make the competitive events a success, over 100 volunteer evaluators are needed! *Would you be willing to contribute as a project evaluator?* This is an opportunity for you to influence our future leaders by helping students recognize their strengths and improve upon their weaknesses. A continental breakfast and VIP lunch will be provided to thank you for your contribution.

Indicate your interest in evaluating competitive events by **January 25**. To do so, follow this link <http://tinyurl.com/mtfccla2016> and complete the form provided. If there are specific events you are interested in evaluating, please indicate this on the form. To see a list of events offered at this year's SLC, look here for STAR Events <http://mtfccla.org/competitive-events/star-events/> and here for Skill Demonstration Events <http://mtfccla.org/competitive-events/skill-demonstration-events/>.

In summary:

- **What:** Participating as a project evaluator for middle and high school students at the Montana FCCLA State Leadership Conference
- **Why:** A rewarding opportunity to contribute to the community and influence Montana's youth as they strive for excellence
- **When:** Monday, March 21, 2016. Orientation begins at 8:00 a.m. End times will vary – prepare to be available until 5:00 although you may be done earlier.
- **Where:** Holiday Inn Grand in Billings, MT
- **Next step:** Complete this form <http://tinyurl.com/mtfccla2016> by January 25, 2016.
- **Questions:** Refer to the Montana FCCLA website (<http://mtfccla.org/conferences/state-leadership-conference/competitive-event-evaluator/>) or please contact Lindy at [lindyhockenbary@gmail.com](mailto:lindyhockenbary@gmail.com) or 406-853-2661

Thank you in advance for your time and contribution!

## Montana High School Baking Invitational and ProStart Invitational – March 7 – 8, 2016 in Bozeman

The Montana Restaurant Association Education Foundation is proud to announce an invitation to the annual Montana High School Baking Invitational and ProStart Invitational to be held in Bozeman at the Hilton Garden Inn March 7-8. The Baking Invitational will be taking place on Monday, March 7, and it is open to all high school students previously or currently enrolled in a program using the ProStart curriculum or FCS High School Advanced Culinary Arts curriculum. The ProStart Invitational will be taking place on Tuesday, March 8; this event is open to participants from approved ProStart programs only. The registration deadline is January 21; details and registration for the events were sent via email earlier this week. For more information on either event, please contact Sarah Goan Boyer, the Montana ProStart Coordinator, at [sarah.boyer@mtretail.com](mailto:sarah.boyer@mtretail.com); 406-662-9859 / 406-459-7446 (cell & text).

These events are open to the public! If you have not attended in the past, considering joining us for an incredible experience. The students never fail to amaze me with their culinary talents!

Also, please consider 'liking' Montana ProStart on [Facebook](#) to see photos of our students in actions and gain access to great classroom resources and articles!

## New Outdoor Product Design & Development Degree Program at Utah State University

(from Learning ZoneXpress – [Melanie's Corner Blog](#))

Today we learned from Lindsey Shirley, Associate Professor and Extension Specialist at Utah State University that they are responding to the demand for a trained workforce in outdoor product design and development by creating an innovative and industry-inspired degree program. Not only is the industry calling for a trained workforce, but the demand for new and innovative outdoor products continues to rise. According to the Outdoor Industry Association (2012), more than 140 million Americans make outdoor recreation a priority.

<http://www.outdoorproductdevelopment.org/http://www.outdoorproductdevelopment.org/>

This fact is illustrated by the over \$646 billion that was spent on outdoor products in 2012 (Outdoor Industry Association, 2012). Outdoor recreation is a growing and diverse economic super sector that is a vital cornerstone of successful communities that cannot be ignored (OIA, 2012). Outdoor recreation is no longer a "nice to have", but it is a "must have" that provides a strong outlook for employment opportunities for future graduates. A bachelors degree in outdoor product design and development connects students to industry leaders and has been developed with assistance from the world's leading technical designers, world's largest fabric manufacturer and heads of outdoor product companies.

A degree in Outdoor Product Design & Development from Utah State University is the first step to a high skill, high wage, high demand career opportunity. This program includes technical

skills (throughout the process of clothing design, production, and manufacturing) and soft skills such as communication, problem solving and critical thinking. For more information, visit <http://www.outdoorproductdevelopment.org> or [download their flyer](#).

## *ProStart Summer Institute Scholarships*

The application process for the National Restaurant Association Education Foundation educator scholarships for Summer Institutes is now open! Educators may qualify for a scholarship of \$1750.00. For more information and dates, please visit: <https://www.nraef.org/Scholarships/Educators>.

## *Science Take Out Kits*

Check out this great resource! Science Take Out kits are ready to use lab kits in topics like yeast respiration, diagnosing diabetes, birth defects & folic acid, hand on a hot stove, food poisoning, and more. The activities do not require any special laboratory equipment and can be used in any educational setting. They come highly recommended by Washington FACS teachers as an easy and affordable way to incorporate science labs into their classrooms. Visit the website here: <http://www.sciencetakeout.com/>.

## *USDA Webinar Series: Planning for Farm to School Success in 2016*

*(from the USDA The Dirt E-newsletter)*

Have you resolved to incorporate more local food into your school meal program in 2016? You are not alone! Preliminary results of the 2015 Farm to School Census tell us that more than 1,700 school districts don't yet have farm to school programs, but are interested in starting one.

We're here to help! We're hosting a farm to school webinar series titled Planning for Farm to School Success. Through this 11-part series, we'll guide you through the [USDA Farm to School Planning Toolkit](#). Served up in bite-sized 30 minute webinars, we'll offer questions to consider and helpful resources to reference when starting or growing a farm to school program. Guest speakers will join the webinars to share their hands on farm to school experiences. Our entire series is outlined below, and you can plan ahead for the series by visiting our [Videos and Webinars](#) page.

## *Thought of the Day*

"The biggest adventure you can ever take is to live the life of your dreams."  
~Oprah Winfrey, media personality, businesswoman and philanthropist

## *Calendar of Events*

January 16 – 19, 2016: FCCLA State Advisers Management Meeting, San Diego, CA

February 24, 2016: [Montana Financial Education Coalition Annual Conference](#), Helena, MT  
March 7 – 8, 2016: [Montana High School Baking Invitational & ProStart Invitational](#), Bozeman, MT  
March 20 – 22, 2016: [Montana FCCLA State Leadership Conference](#), Billings, MT  
March 30 – April 2, 2016: [27<sup>th</sup> Annual National Service Learning Conference](#), Minneapolis, MN  
April 20 – 22, 2016: Montana Association of Family & Consumer Sciences (MAFCS) Annual Conference, Havre, MT  
April 21 – 23, 2016: ACTE Region V Leadership Conference, San Diego, CA  
June 22 – 25, 2016: AAFCS Annual Conference & Expo, Bellevue, WA  
June 23 – 25, 2016: [CAFÉ Leadership Conference](#), Chicago, IL  
July 3 – 7, 2016: FCCLA National Leadership Conference, San Diego, CA  
September 22 – 23, 2016: Montana Farm to School Summit, Bozeman, MT  
October 12 – 15, 2016: CDA [Early Educators Leadership Conference](#), Leesburg, VA

### Facebook Group Links

Please click on the link and ask to be added for some great conversation & resources:

- ✓ Montana FCS Educators Group:  
<https://www.facebook.com/#!/groups/168470129878554/>
- ✓ Montana FCCLA Chapter Advisers Group:  
<https://www.facebook.com/#!/groups/248102661886036/>

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